

Shelby Bottoms Nature Center

Summer 2015 Program Schedule

Shelby Bottoms Nature Center is open:
Tues/Thurs/Sat — 9 am to 4 pm
Wed/Fri — 12 to 4 pm

Shelby Bottoms Greenway is open
7 days a week from dawn to dusk.

Mailing Address:
Shelby Bottoms Nature Center
1900 Davidson St.
Nashville, TN 37206

Phone: 615-862-8539

Fax: 615-262-0245



Email: shelbybottomsnature@nashville.gov

Website: www.nashville.gov/Parks-and-Recreation/Nature-Centers-and-Natural-Areas/Shelby-Bottoms-Nature-Center.aspx



Requests for ADA accommodation should be directed to the Nature Center at (615) 862-8539.



The summer season kicks off with Memorial Day weekend and stays busy until September! We'll start off the summer with a change in location and in the event itself—[Cumberland River Compact](#)'s annual Catfish Rodeo is replaced this year with the [WaterFest](#) which they will hold at Cumberland Park instead of Shelby Park. We'll be there, so stop by and say hi when you go and enjoy all of the watery fun on the Cumberland!

Back at the nature center, we'll showcase the many things that make summer wonderful: gardening, wildlife, hiking, biking, camping, picking blackberries, eating ice cream, playing in the creek, playing in the mud, and lots(!) of outdoor music: jam session picking parties on our porch, jazz concerts on our lawn, and a new series of bluegrass picking parties at the Cornelia Fort Airpark trailhead put on by Friends of Shelby Park and Bottoms. Then throw in some fabulous guest speakers with fun and informative topics (home-brewing for one!) and you get a summer of fun! Come on over!

JUNE

Full Moon Bike Ride

Tuesday, June 2
Dusk—9:30 pm
Ages 10+
Registration required

We will watch the sunset from the Cumberland Pedestrian Bridge and listen/look for active wildlife. Call for more details.
Leader: John Michael Cassidy

The "New" Catfish Rodeo: WaterFest!

Saturday, June 6
9 am—1 pm
All ages
No registration necessary
Cumberland Park on the
Cumberland River!

Join us at this new event at **Cumberland Park**! The [Cumberland River Compact](#)'s [WaterFest](#) is a FREE family festival all about connecting our children to our local waters. This event is open to the public, including our furry friends! You are invited to participate in water-related educational activities, fun games, a dance party hosted by our favorite DJ, and a water slide! SBNC will have a booth with activities! Come see us and join the fun!

The Lazy Gardener's Guide

Saturday, June 6
2—3 pm
All ages
Registration required

Did you plan to have a vegetable or flower garden this year? Did spring fly past you before you were able to start this lovely garden you envisioned? Are you wanting to start a garden, but afraid that you will fail and destroy young baby plants in your attempt to be a gardener...?! If you answered "YES" to these questions then this is the class for you. Relax... it's just playing in the dirt.
Leader: Christie Wiser

Home (Brew) School



Thursday, June 11
7—8:30 pm
Ages 21+
Registration required

We will discuss the history of brewing, styles, home-brewing, and using local resources from the woods/garden to liven up your projects. Don grew up in Bells Bend on a large farm, has been brewing for a decade, and is still working on perfecting his craft.
\$5 donation for snacks and beverages
Leader: Don Graves and John Michael Cassidy

Sunset Picking Party

Friday, June 12
7—8:30 pm
All ages
Registration required

Bring a string instrument if you want to "pick" or come listen while we watch the sun go down for the day!
Host: Christie Wiser



METRO
PARKS
NASHVILLE

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METRO
PARKS
NASHVILLE



Ravenwood Walk	Saturday, June 13 9—10:30 am All ages Registration required	Join us for a hike at a new Metro Parks open space property, the former Ravenwood Country Club. We'll enjoy a morning walk amongst the rolling hills of this former 18 hole golf course. Leader: John Michael Cassidy
Sunset Bat Walk 	Friday, June 19 7:45—9 pm All ages Registration required	Enjoy the evening outside as it begins to get dark and bats emerge. Bat biologist, Sara Samoray , will discuss bats and lead a short walk around the Nature Center to observe bats in action and record their ultrasonic calls. Don't forget to bring a flashlight. Leader: Special guest Sara Samoray
Disc Golf Outing	Saturday, June 20 9—10:30 am All ages Registration required	Join us at Naval Hill Disc Golf Course in Shelby Park for an introduction to Disc Golf. We will discuss rules/equipment, work on technique, and play a few holes. Leader: John Michael Cassidy
Body Works	Saturday, June 20 9:30—10:30 am Ages 18+ Registration required	This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners. Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com
Papa Nature	Saturday, June 20 2—3 pm All ages Registration required	Learn more about the fascinating roles that plant and animal “dads” serve in nature! Some do a little... and some do a lot. We will also make a little craft that you can give to your favorite dad! Leader: Christie Wiser
Feed the Birds	Wednesday, June 24 10—11 am All ages Registration required	Join us as we make bird feeders and get some tips on how to maximize their usage. If time allows we will walk through the park and try to spot some of the gorgeous birds that frequent our park. Leader: Sarah Gilmore, Seasonal Naturalist
Fly Fishing Basics	Thursday, June 25 7—8:30 pm Ages 10+ Registration required	Join us for an introduction to fly fishing: equipment, casting, techniques, etc. We will practice different types of casts and techniques. Leaders: Guest Instructor Jay Staler and John Michael Cassidy
Jazzy Bottoms Sunset Soirée	Friday, June 26 Starts at 7pm All ages No registration	Shelby Bottoms is gorgeous at sundown! Come enjoy Mother Nature's ambience while being serenaded by talented local musicians; rising artist Carly Moffa will open for jazz band Gilded J. Drinks and light refreshments will be provided. Bring a blanket and your friends! Canceled in inclement weather. Host: Sarah Gilmore
 Dazzling Dragons	Saturday, June 27 9—11:30 am Ages 8+ Registration required	Did you know that over 150 species of Odonates – dragonflies and damselflies – can be found in Tennessee? These fascinating insects live most of their life stages underwater, or in an aquatic environment, some for up to 2 years, before they emerge in the warm months for brief life as adults. Photographer and naturalist Richard Connors will give a slide presentation on “Tennessee Odes”, and lead a walk to the pond to look for dragonflies and damselflies in the park. Bring binoculars and camera if you have them.
 MUD DAY!	Saturday, June 27 12—3 pm All ages Registration required through Girl Scouts of Middle TN	Mud Day is a day all over the world to celebrate nature, outdoors and the mess of getting really muddy. Come connect with us and with the Girl Scouts of Middle Tennessee as we squish, gush and squash mud between our toes. We will enjoy mud games, mud art, mud pies and more. Bring the whole family! Enjoy the beauty of Shelby Bottoms! Play and stay as long as you like. COME CLEAN, LEAVE DIRTY!!! Register through Girl Scouts of Middle Tennessee at http://gsmidtn.org/ailec_event/mud-day/?instance_id=4183



Campout at Shelby Bottoms!

Saturday, June 27
Begins at 6 pm
Ends by 9 am Sunday
All ages are welcome
Registration required

In honor of the [Great American Campout](#), an annual event sponsored by the [National Wildlife Federation](#), we will be signing up campers for a fun opportunity to camp in the park overnight! We will need for everyone interested in participating to please register with the nature center in order to get details on this event. Once you are signed up, you can look forward to an evening of fun under the stars with nature center staff on hand to offer activities and guidance. This event will be canceled due to inclement weather. This year, campers will help NWF just by participating! So...“Pitch a Tent to Protect Wildlife!”
Leader: Christie Wiser and SBNC Staff



JULY

Story Time



Wednesday, July 1
10—10:30 am
All ages
No registration

Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the characters from the stories. Stick around for a snack afterward!
Leader: SBNC Staff and/or Ms. Marilyn

National Creative Ice Cream Day

Wednesday, July 1
5—6 pm
All ages
Registration required

We will walk over to the East Nashville Farmer's Market and to our organic teaching garden for some creative ingredients to mix in our ice cream.
Leaders: John Michael Cassidy

Blackberry Pickin'

Thursday, July 2
10—11 am
All ages
Registration required

Join us for a short stroll to harvest a modest amount of wild blackberries. We will learn ways to pick responsibly and safely, and even get to sample some blackberry bottom brownies!
Leader: Christie Wiser

For the Love of Trees

Friday, July 3
10—11 am
All ages
Registration required

Shelby Park is home to a vast array of trees. Join us for a walk along the trails to revel in the majesty of the trees and learn some fun facts about them along the way.
Leader: Sarah Gilmore

4th of July—Shelby Bottoms Nature Center will be closed. Happy Independence Day!

Paddling TN: Local Options

Thursday, July 9
7—8 pm
All ages
Registration required

New to the area or looking to get more knowledgeable on some desirable local paddling options? Join us for a presentation/discussion on area locations, resources, and insight from experienced paddlers.
Leaders: John Michael Cassidy & Friends

Nature Art

Friday, July 10
1—2 pm
All ages
No registration

Who needs the craft store when you have Mother Nature? Come make useful artwork out of dried out flower petals, twigs, leaves and more!
Leader: Sarah Gilmore



Creek Crawl

Saturday, July 11
9:30—11 am
All ages
Registration is required

Get some old shoes and your sense of adventure ready for a morning of exploring one of our local creeks in Shelby Bottoms. We will provide equipment to catch and assess what we catch & release.
Leaders: John Michael Cassidy & SBNC Staff

Painting & Picnicking

Saturday, July 11
11 am—1 pm
All ages
Call or email to register

Summer is here in all its lush green glory. Reserve your spot today for this free class on nature painting on canvas. Bring a picnic lunch to enjoy by the nature center while you let the paint dry! We will provide lemonade and cookies. All skill levels are welcome. Must register, space is limited.
Leader: Christie Wiser





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Story Time 	Wednesday, July 15 10—10:30 am All ages No registration	Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the characters from the stories. Stick around for a snack afterward! Leader: SBNC Staff and/or Ms. Marilyn
Picking Party and Campfire	Friday, July 17 6—7:30 p.m. All ages Registration required	Bring a string instrument if you want to join the “pickers circle” or just come to enjoy the music and the campfire! We will have ingredients to make s'mores so please register if you plan to indulge so we will know how many to plan for. 😊 Leader: Christie Wiser
Bike Ride: Farmer's Market/ Bicentennial Mall	Saturday, July 18 9—11 am Ages 12+ Registration required	The Nashville Farmer's Market is a great place to taste local eateries and purchase local produce. We will also stop at Bicentennial Mall State Park which is a great place to learn about the history and geography of TN. Leader: John Michael Cassidy
Body Works	Saturday, July 18 9:30—10:30 am Ages 18+ Registration required	This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners. Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com
A Rotten Good Time!	Saturday, July 18 2—3 pm All ages (6+ is ideal) Registration required	Its growing season here in Tennessee and that brings us an abundance of locally grown produce. Veggie and fruit scraps can be turned into compost which eventually can be used on plants you might be growing around your yard or house. Learn more about how fun composting can be during this hour long program! Leader: Christie Wiser
Summer Morning Walk	Friday, July 24 8—9 am All ages Registration required	Join us for short morning walk where we will be looking for flora/fauna in the meadows and wooded areas near the nature center. Leader: John Michael Cassidy
Humane Solutions: 	Saturday, July 25 3—4 pm All ages Registration required	It's a controversial topic: feral cats and dogs cause harm to native wildlife populations. But humans caused this problem and it's our responsibility to find a humane solution that actually works. Join us and East Nashville's own Pet Community Center to find out what one group is doing. Find out why eradication doesn't work, and what the "meso-predator rebound effect" is. Followed by Q & A. Leader: Julie Henry, SBNC Seasonal Naturalist & special guest Natalie Corwin, Founder, Pet Community Center
Cornelia Fort Pickin' Party	Saturday, July 25 5—10 pm All ages Call or email for more info	Friends of Shelby is excited to announce the Cornelia Fort Pickin' Party series! This will be a small scale family-friendly bluegrass pickin' series combining the tastes and talents of East Nashvillians and offering a DIY night of food and music with proceeds benefiting Shelby Park/Bottoms. Taking place inside one of the hangars of the former Cornelia Fort Airpark, now part of Shelby Bottoms Greenway, the event will feature local bluegrass band, local craft beer, local eateries and plenty of room for gathering pickers in groups and circles (all ages and abilities welcome!), as well as lots of space for kids to run and play. Call or email for more info.
Story Time 	Wednesday, July 29 10—10:30 am All ages No registration	Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the characters from the stories. Stick around for a snack afterward! Leader: SBNC Staff and/or Ms. Marilyn
Full Moon Mosey	Friday, July 31 8:30—9:30 p.m. All ages Registration required	If we get a nice clear sky that allows us to marvel at the moon, we will take a hike around the park to explore by moon light (no flashlights, please!). Leader: Christie Wiser



AUGUST

An opening reception for
**plein-air
translations**

by

David Wariner

plān'er/

adjective / denoting or in the manner of a 19th-century style of painting outdoors, or with a strong sense of the open air, that became a central feature of French impressionism.

This show is made up of paintings mostly from Nashville area and other locations while sitting at the locations and painting what was before him. Some are drawings; some are acrylic on canvas; some are on masonite or hardboard. They are the study of light, space, and compositions of nature. They are translations from three dimensional to two dimensional that celebrate spiritual light.

Jazzy Bottoms Sunset Soirée

Saturday, August 1
Starts at 7pm
All ages
No registration

Shelby Bottoms is gorgeous at sundown! Come enjoy Mother Nature's ambience while being serenaded by talented local musicians; rising artist Carly Moffa will open for jazz band Gilded J. Drinks and light refreshments will be provided. Bring a blanket and your friends! Canceled in inclement weather. Host: Sarah Gilmore

Sunset Painting Party: Nature Painting Night Series

Wednesday, August 5
6—8 pm
Ages 21+
Registration required

If weather allows, we will set up our canvases, paints and brushes outside to try and capture the beautiful sunset that this time of year brings! Otherwise, we will still hold the class at the nature center in the classroom. \$25.00 materials fee. All skill levels welcome.

Leader: Christie Wiser



Feeding Frenzy Bike Ride

Thursday, August 6
7—8:30 pm
All ages
Registration required

We will be heading down the Music City Bikeway to the John Seigenthaler Pedestrian Bridge to catch a glimpse of the many birds along/above the Cumberland River. At times there are thousands of swallows, swifts and/or nighthawks feeding on flying insects and it is truly a spectacle.

Leader: John Michael Cassidy

Bird Walk: Shelby Park

Saturday, August 8
8—9 am
All ages
Registration required

Join us for a short walk around the hills and waterways near Shelby Park Community Center to look for woodland and aquatic birds.

Meet at Shelby CC

Leader: John Michael Cassidy

Edible Native Plants



Saturday, August 8
10—11 am
All ages
Registration required

Did you know that dandelions are packed with antioxidants that are helpful to humans?! So many of the plants that grow in our backyards can be beneficial and even healing to us when ingested correctly. Join us as we hike through the park to see what healing plants we have and follow up with some taste testing back at the Nature Center.

Leader: Sarah Gilmore

Dog Days of Summer Fest

Saturday, August 8
12—3 pm
All ages
No registration

Celebrate this often slow and lazy stretch of the Tennessee summer by bringing your four legged friend by the nature center for an open house style event that honors our best friends- DOGS! We will have a fun story station, a photo booth for you and your pup(s), treats and water, and more.

Leader: Christie Wiser

Story Time



Wednesday, August 12
10—10:30 am
All ages
No registration

Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the characters from the stories. Stick around for a snack afterward!

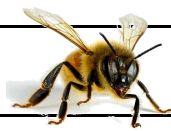
Leader: SBNC Staff and/or Ms. Marilyn



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Body Works	Saturday, August 15 9:30—10:30 am Ages 18+ Registration required	This mat class focuses on lengthening, stretching and strengthening the body. Combining core training, yoga, Pilates, balance and flexibility, this will be especially helpful for cyclist and runners. Instructor: Carol Buckley Frazier, a NSCA-certified Personal Trainer, fitness instructor, IIN Holistic Health Coach and founder/CEO of BestUWellness.com
Urban Wildlife: <i>A Story of Survival, Adaptation, and How We Can All Get Along</i>	Saturday, August 15 2—3 pm All ages Registration required	Animals are amazing. We convert and change their habitat, and they evolve and change to thrive right along beside us, most completely hidden from our knowledge. Learn more about the wonderful wildlife living among us and how we can all thrive together. Leader: Julie Henry
Dusk Walk	Thursday, August 20 7—8 pm All ages Registration required	Meet us for a walk around the open areas and trails of Cornelia Fort trailhead, a former airfield that offers expansive views and excellent birding opportunities. Leader: John Michael Cassidy
Wildlife: The Tragedy of the Trade	Friday, August 21 6—8 pm All ages Registration required	Exotic animals are being loved to death, and for many species, to the brink of extinction. How is this happening? The illegal and legal buying, selling, and breeding are responsible for the abuse of many of our favorite animals. Find out some of the dark secrets of the animal underworld, and what you can do to help. Leader: Julie Henry & special guest Walter Cook, TN Wildlife Resources Agency
National Honey Bee Day	Saturday, August 22 1—3 pm All ages No registration	Drop by the nature center during this 2 hour open house for a chance to learn more about honey bees and their important role in nature! You can view our very own honey bee hives, sample local honey, and take home some literature that can help you get more familiar with keeping honey bees and the benefits it provides. Leader: Christie Wiser and SBNC staff
Cornelia Fort Picking Party 	Saturday, August 22 5—10 pm All ages No registration	Part two of a four part series! This will be a small scale family-friendly bluegrass pickin' series combining the tastes and talents of East Nashvillians and offering a DIY night of food and music with proceeds benefiting the Shelby Park/Bottoms. Taking place inside one of the hangars of the former Cornelia Fort Airpark, now part of Shelby Bottoms Greenway, the event will feature local bluegrass band, local craft beer, local eateries and plenty of room for gathering pickers in groups and circles (all ages and abilities welcome!) as well as lots of space for kids to run and play. Call or email for more info.
Story Time 	Wednesday, August 26 10—10:30 am All ages No registration	Come to our little library at the nature center for a story time for kids of all ages. We'll read nature-based stories and then learn a bit about the characters from the stories. Stick around for a snack afterward! Leader: SBNC Staff and/or Ms. Marilyn
Meadow Walk	Friday, August 28 8:30—9:30 am All ages Registration required	Join us for a walk around the meadows as we look for late summer wildflowers and the numerous insects that frequent them. Leader: John Michael Cassidy
Jazzy Bottoms Sunset Soirée	Friday, August 28 Starts at 7pm All ages No registration	Shelby Bottoms is gorgeous at sundown! Come enjoy Mother Nature's ambience while being serenaded by talented local musicians; rising artist Carly Moffa will open for jazz band Gilded J. Drinks and light refreshments will be provided. Bring a blanket and your friends! Canceled in inclement weather. Host: Sarah Gilmore